BENGALURU, MONDAY, SEPTEMBER 30, 2024 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 31 | Min 21 | Humidity 60% Partly Cloudy Sensex 85,571 | Nifty 26,178 | Gold 74,930 | Silver 91,400 | Dollar 83.72 | Euro 93.53 | GBP 111.96

TIGER TOURISM

State's tiger foundations seeing big financial boost over last 4 years; Bandipur is highest revenue grosser

PAGE 2

DEADLY ROAD

Around 25% of state's road accident fatalities have happened on highways around Bengaluru that saw 564 mishaps

PAGE 5

Mismanagement of garbage disposal worsening city's traffic woes as motorists these days even have to negotiate piles of waste dumped on roadsides or garbage trucks spewing their contents

TRAFFIC JUST GOT A BIT MORE MUCKED UP

A) Number of vehicles bursting at seams B) Garbage taking over roads

| Sanjana CS
c-sanjana.s@timesofindia.com
TWEETS @BangaloreMIRROR

One of Bengaluru's most niggling problems, garbage, has now started to aggravate another of its worst issues -- traffic. Believe it or not, increasing volume of uncollected garbage on roadsides has added to the city's traffic woes.

Matters had come to such a head that Sunday was a clean-up session as several stretches of roads which had piles of garbage were cleaned up. But over the weekdays, waste and waste collection trucks contribute to the traffic chaos. These trucks, often operating during peak hours, block lanes and cause a ripple effect on the flow of traffic. Despite Bruhat Bengaluru Mahanagara Palike's (BBMP) efforts to clear garbage, inefficient scheduling and frequent breakdowns of waste trucks worsen the congestion.

There are only two or three designated areas for garbage trucks to dump the waste in the city and these sites have turned into heaps resembling hills. Collecting waste in this manner is also an environmental concern, says MN Sreehari, advisor to the state government

CONTINUED ON PAGE 8 »

"When waste piles up on busy streets, it obstructs vehicle movement, forcing drivers to maneuver around the debris, which leads to delays and bottlenecks

— MN Anucheth, Joint Commissioner of Police (Traffic)

Look before you leap... online

NGO, police come together to create programmes to address rising online threats to school, college students

| Sridhar.Vivan
@timesofindia.com
TWEETS @sridharVMIRROR

As school and college students are increasingly falling victim to cybercrimes, social organisations are stepping up efforts to raise awareness about this issue. Reports indicate that children are becoming vulnerable to cybercrime through various channels such as social media use, reels addiction, online gaming, and banking activities. In 2020, the state ranked second in the country for cybercrime cases involving children.

To address this, organisations like the Child Rights Trust are working to raise awareness among students and to prevent them from falling victim to ongoing cybercrimes. Following these awareness campaigns, the government will receive a report detailing the extent of cyber threats faced by children.

Nagasimha G Rao, Director at Child Rights Trust, said, "In recent years, there has been an increase in mobile and social media use among children. This has prompted efforts to raise awareness about cybercrimes and cyber safety in schools. Subsequent measures will include submitting a report to the government. The risk of falling prey to online scams under the guise of love and affection is growing daily.

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Musical fundraiser

VT Entertainers Charitable Trust presents "Offbeat 2024." Offbeat 2024 is a musical fundraiser organised where songs featuring lesser known themes of Bollywood are sung. Since its inception in 2015, Offbeat has given the best of retro and metro songs to the audience. The proceeds of this show goes to Vishwashantiniketana, a residential home for the differently abled. **Where: Chowdiah Memorial Hall; When: October 6, 6 pm**

02 Coffee mixology

Artisanal coffee brand Maverick & Farmer is marking the third edition of its mixology experience, blending innovation with artistry to celebrate International Coffee Day. This unique event offers coffee lovers the opportunity to immerse themselves in the art of mixology, creating their own signature coffee beverages by blending a variety of exciting flavours and ingredients under the guidance of expert baristas. **Where: Maverick & Farmer, Ulsoor; When: October 1, 4-8 pm**

03 Ireland beckons

Education in Ireland, the national brand representing Ireland's top Higher Educational Institutions (HEIs) invites aspiring Indian students to explore their higher education options at the upcoming Education Fair in Bengaluru. With 8,000 Indian students choosing Ireland as their study destination in 2023, this year's fair is expected to attract even more interest in Irish institutions. As part of the #StudyEmeraldIsle campaign, this event offers students and parents a unique opportunity to engage with representatives from 18 leading Irish institutions. Participants will gain comprehensive information on courses and post-study work opportunities. **Where: Taj Vivanta, MG road; When: October 6, 12- 4pm**

Getting festive ready

An artist giving final touch to Goddess Durga idols

PIC: KAUSHIK JN

Tiger foundations flourishing in K'taka

Officials attribute rise in profits to increased tourism post pandemic

Garima Prasher
garima.prasher
@timesofindia.com

TWEETS @BangaloreMIRROR

Tiger foundations in Karnataka have registered a significant financial boost over the last four years. Data from Karnataka Forest Department (KFD) shows that for the financial year 2023-24, while Bandipur Tiger Foundation is the highest revenue grosser at Rs 1925.16 lakh, Nagarhole Tiger Foundation has earned Rs 1270.60 lakh.

Compared to this, Bhadra Tiger Foundation made Rs 640.22 lakh in revenue; KTR Tiger Foundation secured Rs 429.99 lakh and BRT Tiger Foundation managed to secure Rs 139.73 lakh.

All the institutions have registered a significant increase in the revenue generated this year compared with previous years.

KFD officials say the increase in profitability has been driven by the surge in tourism activity after the COVID-19 pandemic and initiatives by the department. "Not only has the number of tourists gone up after COVID-19, but tourism rates have also been revised by the department lately. Revenue has got a much-needed boost also due to the green entry fee imposed by the department last year. Bandipur generates higher revenue due to its proximity with Bengaluru and easy sighting of the wild animals," said S Prabhakaran, Deputy Conservator of Forest and Director of Bandipur Tiger Reserve.

According to KFD, the surge in revenue generation through tiger foundations associated with tiger reserves is helping in the upgradation of infrastructure and better facilities for tourists. However, the main goal of the Foundation, which is biodiversity conservation across the landscape through stakeholder participation, is being given priority.

Revenue is helping in infrastructure upgradation and better facilities for tourists, along with biodiversity conservation

"It is helping us in better management of tiger reserves apart from supporting local communities in improving their livelihood opportunities. The fund is used to initiate various activities, such as apiculture, and career counselling classes to help locals improve their living standards. Tourism experience has also improved. We are getting trained guides who can interpret the safari experience and communicate with the tourists. They are also well versed with various aspects of biodiversity and help spread awareness among tourists," said Nilesh Shinde, Deputy Conservator of Forest, KTR.

Under the Project Tiger scheme, the government of India provides financial assistance of a 60% share and the State government provides a 40% share. The scheme is being implemented in Bandipur Tiger Reserve, Rajiv Gandhi (Nagarahole) Tiger Reserve, Bhadra Tiger Reserve, BRT Tiger Reserve, and Anshi-Dandeli Tigers Reserves in Karnataka.

Other activities initiated with the help of the fund generated by tiger foundations include the establishment of the tiger protection force, monsoon patrolling squads, construction and maintenance of staff quarters, prevention of poaching by organising anti-poaching camps, maintenance of roads and vehicles, fire protection work, formation of water holes to provide drinking water to the animals, publicity activities, habitat improvement works, and eco-developmental works, etc.

> **"Revenue in tiger foundations has got a much-needed boost also due to the green entry fee imposed by the department last year** – S Prabhakaran, DCF

"We have improved Eco-Development Committees due to this surge in revenue. The money is also being used for various conservation activities, including the removal of lantana and other fast-growing weeds from forest areas. Desilting of tanks for better water storage and groundwater recharge and installation of solar bore wells are also done using the revenue generated from the foundation," added Prabhakaran.

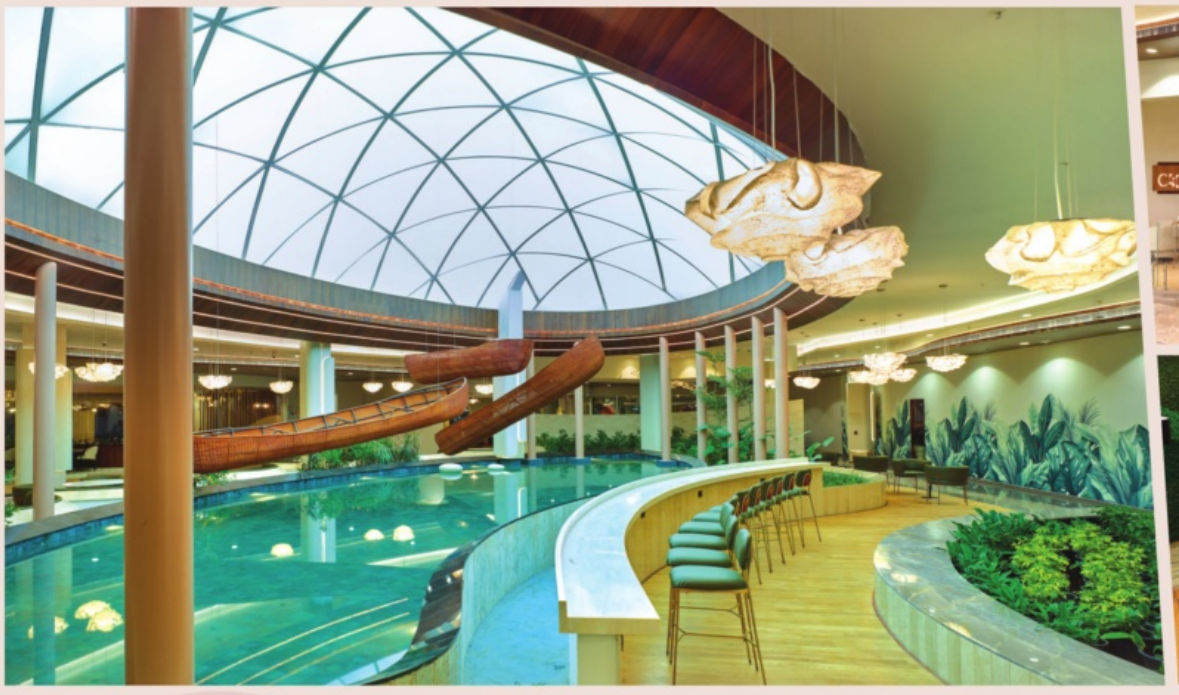
COCHIN INTERNATIONAL AIRPORT LIMITED

CIAL
COCHIN INTERNATIONAL AIRPORT LIMITED

The art of affordable luxury

AERO LOUNGE

41 Guest rooms, Boardrooms, and a Lounge within the Airport but outside Security Hold Area; making it accessible to both passengers and visitors.



Exceptional Amenities
Spanning 50,000 sq. ft., the facility offers 37 rooms, 4 suites, 3 boardrooms, 2 conference halls, co-working spaces, a gym, a spa, and a library.

Your In-Airport Boardroom
Hold professional meetings in our well-appointed boardrooms and conference halls without leaving the airport.

Luxury @ Hourly Rate
This service offers luxury accommodation within the airport at an affordable hourly rate, making it accessible to all travellers.

Conveniently Located
Situated adjacent to the business jet terminal (T2) and ideally positioned between terminals T1 and T3.

Café Lounge
Enjoy all the comforts of a terminal lounge outside the Security Hold Area, which is available for separate access.

Rusty park gate finally removed

Residents of Balaji Layout express gratitude for resolving long-pending safety issue and urge BBMP to replace children's broken play equipment

| Y Maheswara Reddy
c-y.reddy@timesofindia.com
TWEETS @BangaloreMIRROR

Residents of Balaji Layout express their gratitude to those involved in replacing the rusted gate of the park, which had posed a safety risk to visitors. They believe that this replacement has helped prevent the recurrence of a tragic incident similar to one in Malleswaram, where an 11-year-old boy tragically lost his life after suffering severe head injuries when the iron gate at a playground collapsed.

After repeated appeals to the authorities, the volunteers of Change Makers of Kanakapura Road escalated the issue, bringing it to the attention of an Officer on Special Duty at the Chief Minister's Office. The Officer on Special Duty has directed the RR Nagar Joint Commissioner to address the problem.

"We appreciate the OSD at the Chief Minister's Office, Joint Commissioner of RR Nagar and Executive Engineer for fixing the long-pending problem," said Change Makers of Kanakapura Road Secretary VK Srivatsa. Prabhakar R, a resident of Balaji Layout, shared a similar sentiment, expressing his gratitude to everyone involved in replacing the park's rusted iron gate. "I am very happy to see the BBMP (Bruhat Bengaluru Mahanagara Palike) authorities replace the rusted gate with a new one. Now, people enter the park through the gate without any hassle," said Prabhakar.

Kiran Kumar, Joint Secretary of Change Makers of Kanakapura Road, believes that BBMP authorities should have initiated the work themselves, rather than waiting for higher officials, including the Officer on Special Duty at the Chief Minister's Office, to direct them to replace the rusted gate."I urge the BBMP engineers to visit parks and public places and fix the problems on their own," said Kiran Kumar.

(1) The rusty and broken gate at the park; (2) A new gate is being fixed; (3) The condition of children's play equipment

Pavan Devaraj, a resident of Balaji Layout, said the BBMP authorities have failed to replace the rusted and broken play equipment meant for children at the park. "We have complained to the BBMP authorities about the broken and rusted play equipment but nothing has been done to replace it. It is the only park for children in a two-km radius. I urge the BBMP authorities to replace the defunct play equipment as early as possible," said Pavan Devaraj.

Meanwhile, TM Shashikumar, Executive Engineer (Projects), RR Nagar Zone, said that the rusted gate at the park was replaced on a priority basis. "I will take measures to replace the broken and rusted play equipment at the children's play area at the park as well," said the Executive Engineer.

Richmond Road's walls get fresh coat of paint

| Y Maheswara Reddy
c-y.reddy@timesofindia.com
TWEETS @BangaloreMIRROR

More than 70 citizen volunteers gathered on Saturday to enhance a key section of Richmond Road. The effort included approximately 40 volunteers from the JLL Heart Warmers Team, 20 from the Karnataka State Reserve Police (KSRP), and 10 sanitation staff from Bruhat Bengaluru Mahanagara Palike (BBMP). This public space transformation project was facilitated by The Ugly Indians.

The stretch of Richmond Road between Trinity Circle and HOSMAT is home to significant institutions like the Karnataka State Police and the PCTC Army Mess, both heritage structures over a century old. As part of the initial TenderSURE project, the footpaths in this area have been upgraded. This key section of the city serves as an important route for both vehicles and pedestrians.

Unfortunately, the walls of these compounds were deteriorating, leading to issues like littering and urination. An initial transformation project initiated by the same team in June 2024 had a positive impact, restoring some of the pristine beauty of this tree-lined avenue. However, further efforts are needed to complete the entire stretch of Richmond Road and extend the improvements to Lower Agaram Road.

Volunteers dedicated the morning to enhancing the exterior walls of the KSRP 1st Battalion compound, while the BBMP team carried out maintenance repairs on the footpath. This collaborative effort among the police, BBMP, and community members proved to be highly productive, reinforcing the belief that when all stakeholders work together, our streets and public spaces can be revitalised through shared commitment and effort.

The wall features the signature 'picket fence' triangle design by The Ugly Indians, which has adorned several kilometres of the city's walls. This design effectively deters defacement while also providing a sense of order to an otherwise chaotic urban landscape. This project is a part of the ongoing CleanStreets500K Challenge, a city-wide project in partnership with BBMP to clean and improve 500 km of city streets and footpaths, with the support of citizen volunteers, and concerned corporations and institutions.

Volunteers enhancing walls of Richmond Road

A TUI volunteer said, "When citizens and government come out and work together hands-on to solve common problems, using their own hands, time and resources, a lot gets achieved in 2 hours, probably far more than can be achieved through multiple hours of meetings and debates."

KSRP Inspector said the beautification of the compound wall began at 9 am. "We are very happy to associate with volunteers. It is the second time for us to participate in the beautification programme," said Mohan.

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Waste cleared

Bannerghatta

After its plight was shown in this column, the footpath outside an eatery on Devarachikkanahalli Main Road in Bannerghatta has now been cleared.

Road dug-up

JC Nagar

A section of JC Nagar's Church Road, directly opposite Division Optical, has been dug up.

Pothole alert

Vijayanagar

A pothole has formed on the cement road outside the main gate of the City Central Library's West Zone head office in Hampinagar, Vijayanagar Stage-2.

B'luru tops highway mishaps, fatalities dip

Highway accidents make up 25% of casualties; road safety measures, including AI cameras are being implemented

Sridhar.Vivan
@timesofindia.com
TWEETS @sridharvMIRROR

A majority of road accidents occur on highways, especially in and around Bengaluru. About 25% of the state's road accident fatalities have taken place on highways near the capital. However, there has been a slight decline in the road accident death rate this year compared to previous years.

Statistics released by the police department from January 2022 to August 2024 reveal that Bengaluru Urban recorded the highest number of road accidents in Karnataka, with 564 incidents. Tumakuru followed with 470 accidents, Bengaluru Rural had 454, Belagavi saw 450, and Mandya reported 340 incidents. These figures underscore the urgent need for improved road safety measures, particularly in urban and suburban areas with high traffic density. Conversely, some cities in Karnataka reported fewer accidents. KGF had 44 accidents, Hubballi-Dharwad recorded 56, Kodagu saw 60, Kalaburagi registered 76, and Belagavi reported 89. These lower numbers suggest that these cities may benefit from less traffic congestion or better road safety practices compared to others.

An official said, "The number of fatalities from road accidents in Karnataka has fluctuated over the past three years. In 2022, there were 7,996 deaths, which increased to 8,146 in 2023 but decreased to 7,596 in 2024. This variation highlights the need for ongoing efforts to enhance road safety and reduce fatalities. This year's reduction in fatalities is attributed to several measures, including the installation of AI-based cameras, increased monitoring of drink and drive cases, and the enforcement of speed limit penalties. The use of AI cameras and speed radars on the Bengaluru-Mysuru Expressway has also contributed to the decrease in accidents."

Home Minister G Parameshwara stated that efforts to prevent road accidents and reduce fatalities are continuous, with the police diligently working to manage and control accidents. Alok Kumar, ADGP of Road Safety and Traffic, has acknowledged their commendable efforts. The successful measures implemented on the Bengaluru-Mysuru Expressway will be extended to all roads in the state, with AI-based cameras and speed radars being installed statewide.

IN CITY

Marathahalli Road submerged after rains

Marathahalli's Spice Garden Road was left completely waterlogged following heavy rains that lashed the area overnight. The flooding was so severe that several vehicles were nearly submerged, leaving motorists struggling to navigate the road. Many two-wheelers and cars were left partially underwater, causing chaos during the morning commute.

Though the downpour was limited to certain parts of the city, the flooding caused significant disruption in the area, highlighting the city's vulnerability to rain-induced waterlogging. Authorities are yet to take measures to address the issue.

Spirit tanker catches blaze

A tanker headed to Belagavi to collect spirit caught fire on a service road near Saroja Bai Kalyana Mantapa in Chitradurga on Sunday. The incident occurred while the vehicle was travelling from Chitradurga towards Belagavi when the fire suddenly erupted.

The police believe that a short circuit within the tanker might have triggered the fire. The driver and a person accompanying him, who were inside the vehicle at the time, acted quickly and managed to escape before the flames spread.

The local fire department responded promptly and arrived at the scene shortly after the fire was reported.

CID arrests accused in terminal scam

The Criminal Investigation Department (CID), investigating the alleged scam at D Devaraj Urs Truck Terminal Ltd., has made another arrest in connection with the case. Honnappa, 55, brother of the former managing director of the corporation, S Shankarappa, was taken into custody by the CID in Ramanagara. Earlier, on August 31, the CID filed a charge sheet against two key figures in the case, S Shankarappa, the former managing director of the company, and DS Veeraiah, its former chairman. The charge sheet accuses Veeraiah of misusing his position as chairman, further deepening the allegations surrounding the scam at the truck terminal.

Speeding car hits electric poles

A high-speed car lost control and crashed into two electric poles on the footpath along the IISc Circle to Yeshwanthpur road on Sunday. The accident took place around 3 am when a Mahindra XUV 500, travelling at high speed, veered off course and struck the poles, causing severe damage to the front of the vehicle. The driver, Someshekhar, fled the scene after the incident. He is suspected to have been under the influence of alcohol, as liquor bottles were discovered inside the car.

The Yeshwanthpur Traffic Police have informed BESCOM (Bangalore Electric Supply Company Limited) to file a complaint for the damage to the electric poles.

Traffic cop restores lost laptop

Arun Kumar, a traffic police officer stationed near Malleshwaram, took the initiative to return a lost laptop bag to its owner, Shashidhar Gowda, a senior IT professional residing in Gayathri Nagar.

The incident took place when Shashidhar was returning home from work in HSR Layout. "I was coming back from work and had taken an auto-rickshaw. I didn't even realise where the laptop bag fell off," Shashidhar recalled.

Upon reaching home around 7 pm, he was struck with panic when he noticed his laptop bag, containing important work materials, personal documents, and medical reports, was missing. Despite retracing his route and searching along the way, there was no sign of the bag.

Faced with no other option, Shashidhar approached the Subramanya Nagar police station to report the loss. "The office said I needed to file an FIR to claim insurance for the laptop. The police questioned me, but the FIR was not filed," he explained.

At around 10 pm, Shashidhar Gowda received an unexpected knock on his door. It was Arun Kumar, the traffic police officer at the junction near Malleshwaram. Officer Kumar had found the lost bag near a traffic signal, containing personal documents and medical reports that enabled him to determine Shashidhar's home address. However, there was no contact number to reach him directly.

Officer Arun Kumar returns lost laptop to its owner, Shashidhar

Officer Arun Kumar said, "I just did what anyone would do. I knew the bag was important, and I wanted to ensure it was returned as quickly as possible. Around 8 pm, I happened to notice that in the middle of the road, there was a bag lying. The bag was heavy and when I checked it was a laptop and then I found some documents and noticed there was an address given as well. I even saw the ID card and came to know it's of a working professional and post duty I went and handed it over."

Slugfest between HDK, top cop raises eye brows

High tension drama unfolds after ADGP writes letter to SIT team and Union Minister lashes out

Y Maheswara Reddy
c-y.reddy@timesofindia.com
TWEETS @BangaloreMIRROR

The slugfest between Union Minister for Steel and Heavy Industries HD Kumaraswamy and Additional Director General of Police (ADGP) of Special Investigation Team (SIT) of Karnataka Lokayukta M Chandrashekhar has become the talk of the town. Kumaraswamy demanded action against Chandrashekhar for corruption, on Saturday. In response to the Kumaraswamy's allegation, Chandrashekhar wrote a letter to SIT Lokayukta team quoting George Bernard Shaw: "Never wrestle with pigs. You both get dirty and the pig likes it."

In the letter dated September 28, Chandrashekhar stated that Kumaraswamy, who was an accused in a criminal case, had made false and malicious allegations and threats in a press conference. "The SIT had sought the prosecution sanction of the accused from the competent authority. The accused who is on bail, HD Kumaraswamy, has done (this) to deter us from discharging our duties. It appears that his objective is to create fear in the minds of SIT officers by attacking me. But an accused, however high and mighty he may be, is an accused. Let us not get demotivated by such allegations and threats. I, as the head of SIT, promise you that I will work without fear or favour and bring to justice all criminals and accused in our cases. I also promise you that I will protect you from all external influences," the letter read.

He also stated that the SIT team cannot avoid confronting criminals and accused during the discharge of duty. "Sometimes the criminals and accused whom we confront throw dirt at us. This must not deter us from discharging our duty. Never lose hope since truth always triumphs. Let us have faith in truth & God and our law," the letter read.

Union Minister HD Kumaraswamy addresses a press conference at JP Bhavan on Saturday

> **Sometimes the criminals and accused whom we confront throw dirt at us. This must not deter us from discharging our duty. Truth triumphs**
>
> –ADGP M Chandrashekhar

Kumaraswamy, during a press conference on Sunday, described Chandrashekhar as a blackmailer and criminal. "The letter written by him to his colleagues is well prepared. I will reveal the names of people who helped write it and where it was prepared while replying to the allegations. I may be an accused in a case, but he is a criminal in the disguise of a cop. There are many complaints against him for a series of criminal activities. He did not answer my questions. He used unparliamentary language in the letter to his colleagues. I know what to do, when to do and where to reply," Kumaraswamy said.

TA Sharavana, MLC and Deputy Leader of JD(S) in the Legislative Council, said that all are equal before the law, but the language used by Chandrashekhar is not acceptable and needs to be condemned. "I had high regards for Chandrashekhar for all these years, but now I've lost it. Chandrashekhar should have been careful while using unparliamentary words in the letter written to his colleagues," Sharavana said.

HM Venkatesh of Naija Horatagaraa Vedike said that Chandrashekhar is known as an honest and sincere police officer. "When an ADGP describes Kumaraswamy as an accused, it is the latter's duty to prove that he is clean," said Venkatesh.

Mohan Dasari, State Organisation Secretary, Aam Aadmi Party Karnataka, said that Kumaraswamy has long claimed to possess CDs and pen drives allegedly containing incriminating evidence of corruption involving various MLAs and ministers, but despite these bold assertions, not a single piece of evidence has ever been disclosed. "This raises questions about the authenticity of his claims and the intentions behind withholding such information. If Kumaraswamy has truly done no wrong, why does he avoid facing the legal process?" said Dasari.

He said that Kumaraswamy should stop targeting 'diligent' officers carrying out their duties and instead take responsibility for his actions.

BR Naidu, Karnataka Pradesh Congress Committee (KPCC) spokesperson, also said that Kumaraswamy must stop making baseless allegations against honest police officers.

Lavakumar, an assistant commissioner of police (retired) expressed concern over allegations against Chandrashekhar. "Chandrashekhar is one of the most honest police officers in Karnataka. It is not fair for Kumaraswamy to make allegations against an honest officer," said Lavakumar.

New national cricket academy in Bengaluru

The Board of Control for Cricket in India (BCCI) on Sunday inaugurated the new National Cricket Academy (NCA) in Bengaluru. This world-class facility, the result of the vision of Jay Shah, the secretary of the organisation, to nurture the future of cricket, will now be called the BCCI Centre of Excellence.

Spanning over 40 acres, this facility is designed to become the epicentre for nurturing cricketing talent and advancing sports science in India. The Centre of Excellence features a total of three grounds and 86 pitches, including both indoor and outdoor areas, highlighting its capacity to provide comprehensive training facilities, as per a press release from BCCI.

> **Spanning over 40 acres, this facility is designed to become the epicentre for nurturing talent**

At the heart of the Centre are three world-class cricket grounds. Ground A, the main ground, boasts an 85-yard boundary with 13 meticulously maintained Mumbai red soil pitches ready for play. Equipped with advanced floodlighting and state-of-the-art broadcasting facilities, it can host and telecast matches under lights. Grounds B and C serve as dedicated practice grounds with 75-yard boundaries, featuring 11 Mandya soil pitches and 9 Black Cotton soil pitches from Kalahandi, Odisha, respectively.

An innovative subsurface drainage system ensures quick recovery after rainfall, minimising disruptions and maintaining a consistent playing schedule. The grounds are designed with white picket fencing and lush green seating mounds, reminiscent of English county grounds. **–ANI**

BM Finance Fundas

Consumer Connect Initiative

No need to pay interest and penalty on GST tax demand from Nov 1

The Ministry of Finance has notified various sections including 128A of the Goods and Services (GST) Act with effect from November 1, 2024.

Announced in Budget 2024, section 128A is a new section that provides some relief to individuals and companies registered under GST. This relief, which is a conditional waiver scheme, allows total waiver of interest and penalty for specified non-fraudulent GST demand notices related to FY 2017-18 to 2019-20.

Do note that this scheme only waives off the interest and penalty amount, you still need to pay the tax demand amount.

According to a notification dated September 27, 2024 by the Ministry of Finance "In exercise of the powers conferred by clause (b) of sub-section (2) of section 1 of the Finance (No. 2) Act, 2024 (15 of 2024), the Central Government hereby appoints.

(a) the date of publication of this notification in the Official Gazette, as the date on which the provisions of sections 118, 142, 148 and 150 of the said Act shall come into force; and

(b) the 1st day of November 2024, as the date on which the provisions of sections 114 to 117, 119 to 141, 143 to 147, 149 and 151 to 157 of the said Act shall come into force."

Who is eligible for GST conditional waiver scheme?

According to the explanatory memorandum to Budget 2024, the newly inserted section 128A provides for "waiver of interest or penalty or both relating to demands raised under section 73 for certain tax periods." Section 73 relates to nonfraud GST demand notices.

Siddharth Surana, Director, RSM India earlier said, "The Finance Bill introduces Section 128A, which provides a waiver of interest and penalties for non-fraudulent taxpayers being assessed only under Section 73 for the periods FY 2017-18, 2018-19, and 2019-20. The taxpayer must not be assessed on grounds of alleged fraud, willful misrepresentation, or suppression of facts."

How does this GST conditional waiver work?

Experts say that if you need to benefit from this GST conditional waiver scheme then you need to agree with the tax demand pay it and stop all pending litigation. Once your case is accepted under this scheme and you paid the tax demand amount, the tax notice will be extinguished.

Surana said, "The waiver of interest and penalty is conditional and is subject to payment of tax amount under dispute by 31 March 2025."

According to Surana this waiver of interest and penalty excludes cases of erroneously sanctioned refunds and applies only to 'open cases' which are still in appeal or under dispute and do not appear to extend to cases where the taxpayer has already paid the interest and penalty amount.

Apoorv Phillips, Senior Associate, Sirmacs Consultancy Services (Law Firm) said, "Those GST registered taxpayers who have already paid the interest and penalty amount will not get a refund under this scheme."

By Neelanjit Das, ET Online

NOTES FROM THE FIELD

Do your homework

A Horticulture Department official found himself on the receiving end of a stern lesson from the Chief Minister after providing inaccurate information during a meeting. "Why didn't you do a proper homework before the meeting? If wrong data is presented in such a manner, who else is responsible, but you?" questioned both the CM and his MLC son Dr Yathindra Siddaramaiah. The chastened officer apologised and assured the assembly that such lapses would not occur again, promising to take corrective steps. The Chief Minister then turned his attention to the declining silk industry in the state, particularly in Mysuru and Chamarajanagar. The CM asked, "What steps have you taken to expand silk farming?" The officer explained that they had selected 10 villages for expansion efforts, constructing rearing houses and offering incentives to farmers. However, the Minister of Animal Husbandry interjected, citing a shortage of staff. The CM, unsatisfied, responded firmly, "Staff shortage isn't the sole reason for the decline of silk farming. There are multiple factors at play, and it's your responsibility to identify them and come up with solutions."

Public banter

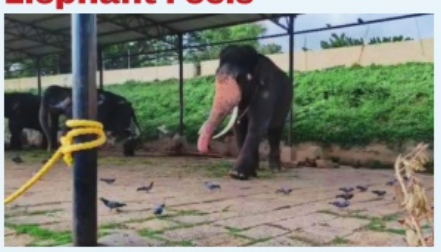
CM Siddaramaiah and PM Narendra Modi engaged in a public banter recently. After PM Modi made comments about Siddaramaiah's MUDA case, the CM told reporters, "It seems the Prime Minister misread the recent media reports and confused the names of the parties, thinking it was Congress when it was actually BJP." He wrote on X, "Dear PM Narendra Modi, if you take a moment to glance through the Karnataka newspapers in the morning, you'll get a clear picture of the infighting raging within your own party. Perhaps then, you will stop pointing fingers

at our party and instead focus on resolving the conflicts within yours. Your party MLA Basanagouda Patil Yatnal starts his day by accusing Yediyurappa and his family of corruption amounting to thousands of crores. Supporting these claims, other MLAs like Ramesh Jarkiholi and CT Ravi have also made various accusations against Yediyurappa and his children. Recently, ousted BJP leader Eshwarappa held a meeting with dissenting MLAs at his residence. Should we call this infighting, or is it just 'sweet nothings' Whenever we have come to power, we've always completed the full term. After Devaraj Urs, I am the only Chief Minister to have completed a full five-year term, and now I am serving a second time. Despite your ongoing attempts to stir conflict within us, we remain united."

Mobile measurement

When BBMP missed the deadline for filling potholes, Deputy CM DK Shivakumar decided to take a late-night stroll—not for fresh air, but to play inspector. At various stops, he discovered that some potholes were still causing trouble. In a moment that could only be described as "hands-on" governance, he grabbed a spade, proving that he's not above getting a little messy. In a surprising twist, DKS pulled out his smartphone and plopped it on the ground to assess the quality of the tar. Maybe he thought it was a high-tech pothole analyser? As officials tried to explain their way out of the situation, he cheekily quipped, "I'm not here to just read your reports; I want to experience the 'pothole' firsthand."

Elephant reels



As Mysuru gears up for its grand Dasara celebrations, elephants are undergoing rigorous training to participate in the spectacular finale procession on Vijayadashami. However, the excitement took a wild turn when some individuals managed to sneak a visit to the training grounds. Armed with smartphones, they created Instagram reels, gleefully holding the trunks and tusks of the elephants and attempting to showcase a few tricks. This escapade quickly sparked a wave of criticism on social media, with many questioning how officials allowed such antics to happen in the first place. The online backlash accused these individuals of violating the rules meant to protect the majestic animals during their training. When journalists confronted officials about the situation, they appeared defensive, stating that they would take action to prevent such incidents from happening again.

Unusual request

The emergency helpline 112 is a lifeline in critical moments, whether an accident, altercation, or other dangerous situations. However, many times, the service operators get unusual requests. Recently, Ashok, from Taruve village wanted to attend a 'pitru paksha' meal at his uncle's house and hence dialled 112. As it was a stormy Thursday night, Ashok, all set to head to Phalguni village for the meal, found himself stranded. With no vehicle in sight and rain pouring down relentlessly—he was desperate. Ashok dialled 112 and said, "There's a massive commotion at home. Get to Kottigehara right away." The police, trained to respond quickly, arrived within moments. "Where's the commotion?" they asked, ready to act. But Ashok, with the straightest face imaginable, confessed, "There's no fight, sir. I just need to get to my uncle's house for a pitru paksha meal. Could you drop me off in Phalguni?" The officers were stunned. After a moment of frustration, they calmly explained, "The police jeep is meant for public service, not for personal chauffeur duties. Don't try this again." Police stopped a passing truck and ensured Ashok got to his uncle's house.

— Sridhar Vivan

'Won't back down, my conscience is clear'

Chief Minister Siddaramaiah on Sunday said that he will not "back down" in the wake of the allegations regarding the alleged MUDA scam and stated that his "conscience will not be shaken" as long as he has the support of the people.

Speaking at an event in Ashokapuram, part of the Krishnaraja constituency in Mysore, Siddaramaiah said, "You might try to trouble me politically for a couple of months, but I will not back down. My conscience is clear, and as long as I have the people's support, I will not be shaken."

This comes after the Lokayukta Police filed an FIR against Siddaramaiah and others in connection with the alleged Mysuru Urban Development Authority (MUDA) land allotment 'scam'.

The FIR has been filed by the Mysuru Lokayukta under various sections of the Indian Penal Code (IPC), including 351, 420, 340, 09, and 120B among others.

The FIR mentions CM Siddaramaiah, his wife, brother-in-law and others as accused in the case.

It is alleged that MUDA illegally allotted 14 sites to Chief Minister Siddaramaiah's wife in the prime location of Mysuru city.

As the allegations surfaced, BJP has come down guns blazing at the Congress party accusing it of supporting "corrupt" leaders and demanding CM Siddaramaiah's resignation. Meanwhile, Siddaramaiah also inaugurated several important development projects during the event.

He highlighted the government's schemes supporting local farmers, announcing the allocation of 0.5 guntas of land each to 245 betel leaf farmers. Additionally, new gyms, community halls, and commercial complexes would be constructed in Doddagaradi and Chikkagaradi. The renovation of a government-model primary school was also launched as part of these initiatives, a release from the Karnataka Chief Minister's office stated.

He assured the people of Ashokapuram that the government is committed to providing necessary funds for all essential development activities in the region. He also directed district-in-charge minister HC Mahadevappa to prepare a comprehensive list of development projects, reiterating that the government stands ready to support them.

"Siddaramaiah reaffirmed his government's dedication to the principles of social justice, emphasising the importance of ensuring equal opportunities for all, particularly for those who have been historically deprived. He urged the public to engage with Dr BR Ambedkar's teachings, particularly the 10 volumes of Ambedkar's speeches that were translated into Kannada," the release stated.

The Karnataka CM further noted that Rs 59,000 crore had been allocated in the Karnataka budget to implement the five guarantee schemes. He said these programs are designed to benefit people from all communities, regardless of caste, religion, or background. **ANI**

Trash and traffic: Double whammy

CONTINUED FROM PAGE 1

for traffic and transportation.

Burgeoning traffic

The number of vehicles on the city's road is increasing daily, while many of the roads were constructed a long time ago and are unable to accommodate the growing volume. Every day, the RTO registers around 5,000 to 6,000 new vehicles.

Sreehari says, "With such a high number of new registrations daily, we must ask whether our roads can handle this influx. Our infrastructure cannot expand to keep pace with the increasing number of vehicles. Unlike cities like Mumbai or Chennai, which benefit from coastal geography that allows for easier road construction, Bengaluru's elevated terrain makes road expansion more complex and costly. To address this issue, we need to find a balance; otherwise, the city simply cannot support the growing number of vehicles."

Waste disposal

Add to this mix, open trucks ferrying waste from point A to B. Though the BBMP says that garbage trucks are supposed to be closed, the reality is that the waste is piled up so high that the lids can't be secured. As a result, when these trucks transport the waste to the dump yard, it often spills out and scatters throughout the city. This not only leads to unsightly piles of garbage but also creates significant smoke and health hazards.

As per Sreehari, the dumping sites are located 30 km away so the trucks that carry the waste must travel this distance to dump the garbage and then return, totaling 60 kilometres per trip. "This limits the number of trips to only two or three per day, significantly slowing down the waste management process and making it difficult to complete the necessary work efficiently," he said.

Many citizens are forced to resort to throwing waste in front of their houses or near drainage areas because proper disposal is inconvenient.

"Previously, there were waste dispensers placed at every household area, but these have been removed. Consequently, people are left with no choice but to dump their waste in front of their homes. The sweepers do come to collect this waste, but the mismanagement in the system is evident," said a citizen.

Traffic management

As far as traffic management goes, officials say AI cameras help identify among other things, unattended objects on the road, which include uncovered debris in trucks and garbage on the road.

"Usually the public won't cite illegal garbage dumping as the cause of accidents. They often attribute falls near such areas to other reasons. However, illegal dumping is also one among the factors contributing to traffic congestion. When waste piles up on busy streets, it obstructs vehicle movement, forcing drivers to maneuver around the debris, which leads to delays and bottlenecks," said Joint Commissioner of Traffic Police MN Anucheth.

Anucheth said the police are currently making use of 9,000 CCTV cameras. "We can pick and choose 250 cameras at any point of time and use AI at the back-end to detect and book13 types of traffic violations. We can customise this depending on the situation and location.

For instance, if there's waterlogging, we can monitor it, or if we need to check for heavy goods vehicles (HGV) during prohibited times, the system will alert us.

It provides detailed insights on when, where, and what kind of traffic violations occur, along with the exact time of the incident," he said.

Awareness campaigns to be kicked off

CONTINUED FROM PAGE 1

This increases the potential for criminal cases related to cyber threats. It is essential to educate people about what the law says regarding these cybercrimes."

Awareness programmes are being conducted in Bengaluru Urban, Rural and Chikkaballapur. Concerns about crimes have risen significantly since the covid-19 pandemic. Students have increased their use of mobile phones, relying on online classes and PDF notes. This rise in mobile usage has inadvertently exposed children to inappropriate content.

Consequently, online education, which is more accessible due to mobile phones, has led to an increase in children's engagement with social media, where they create accounts and upload reels, videos, and photos. Some of these activities have resulted in negative situations. The initial stage of work to mitigate this involves addressing the uploading of photos and videos.

OTP Misuse

In recent years, OTPs (One-Time Passwords) have been used for various banking transactions, record keeping, and even creating new social media accounts.

While OTPs are beneficial, they are also being misused. Children are said to be using OTPs for gaming applications and online betting, sometimes requiring parents' money. There have been instances where OTPs are misused to obtain money when needed.

Reacting to this, a senior police official said, "The rise in digital engagement among students, while beneficial in many ways, also exposes them to significant risks. As a police officer committed to safeguarding our community, I fully support initiatives like these that aim to educate and protect our children from cyber threats.

By working closely with social organisations and schools, we can help students navigate the digital world safely, recognise potential dangers, and seek help when needed.

Our collective effort in raising awareness and implementing proactive measures is essential in creating a safer online environment for our future generations."

Your Connect

jobs

SITUATION VACANT

ADMINISTRATION

EXECUTIVES

REQUIRED SUPERVISOR, Field executives & Telecaller For Banking Loan Collections Salary + Incentive:- Contact :- 7019700755, 7899040499

OTHER VACANCIES

RETIRED PERSONS

EXCELLENT Work Opprty For SR Citizens, P/F Time Work From Home, Earn 45k To 50k Rtd/ VRS/ Defense, Home Maker: 9886641282/ 6362220162

real estate

BANGALORE PROPERTIES

BANASHANKARI

3BHK Spacious duplex flat for sale in a prime BDA location of Ashok Nagar, BSK 1st Stage. 3 Bathrooms. Rs.2.25 Cr. Contact: 9739703182/ 9739702982.

THE TIMES GROUP

Readers are recommended to make appropriate enquiries and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

JAYANAGAR

3BHK Semi Furnished Spacious Flat For Sale Near South End Circle,Opp Pai Vista Convention Hall. Rs.1.49 Cr. Ph: 6362386188, 9844962765

PADMANABHA NAGAR

3BHK Ready2Move Flats for Sale, Opp: Kadharenahalli Petrol Pump. Vaastu Compliant. Rs.78 lacs. Call: 9739702982, 9739703182

FOR SALE

BANGALORE

***NATURE'S** LAP* Spacious 3 BHK apartment next to Manyata Tech Park, Rachenahalli . 2080 sft each apt with Premium finish at an Unbeatable Price 97400 14804 /9341221040

PROPERTY ANCILLARIES

LEASE & RENT

B'FUL East 4BHK Duplex house with modern amenities, labour house on RENT. On 60*40 Judicial Lyt, Yelahanka Airport road. C't: 9741155297

personal

CHANGE OF NAME

I Franklin S/O, Janappa R/o Ward No 30 Venkateshwara Nagar Sindhnur Near, Doddapudi School Valabellary Rd, Raichur-584128 Karnataka have changed my name to Subash Doddamani.

I,VASANTHAKUMARI LOKANATHA W/o Late Lokanatha residing at No.46/192, Sumukha Apartments, 6th Cross, 1st Phase, Kirloskar Colony, Basaveshwarnagar, Bengaluru - 560079 has changed my name to VASANTHAKUMARI RAJAGOPAL for all my future documents vide affidavit dated 26.09.2024 sworn before Notary K C Shashikala, Bengaluru

I Monika Rajinder Kumar Joshi W/O, Sunil Ramlal Sharma R/o B-511,5th Floor,b Block Natasha Golf View Apartment, Intermediate Ring Road,domlur, Bangalore North,bengaluru,karnataka-560071 have changed my name to Monika Joshi.

I, Vaishnavi D/o, Madhusudhan P Upadhyayaa R/o #261, 18th Main, 4th Block, Nandini Layout, Bangalore - 560096 have changed my name to Vaishnavi M Upadhyaya for all purposes.

LOST & FOUND

Lost of Document

I T.N. Narasimhamurthy S/o late Narasimhaiah of Thippapura village I.D.Halli hobli Madhugiri taluk owned and possessed the land Sy.No. 105/1 mesuring 6 acres 15 guntas and land Sy. no. 108/1 measuring 6 acre 03 guntas of Sudekunte village and the said properties purchased by my grand father by name Chikkanarasimhappa under a registred sale deed Date: 02.06.1934 bearing its Regd. No. 1136/1933-34 and the said original sale deed was lost by me on 17.09.2024 near SBI I.D.Halli village, Madhugiri taluk, if it is traced please handed over the me. Contact **9341168493**

GALLERIA

Nirmala Travels® Presents
Ph: 0824 2497051/54, 9663518877/28877, 9686687771/3/4
visit us @ www.nirmalatravels.com

AYODHYA KASHI GAYA/HARIDWAR* 11/16* DAYS
Oct: 24, 25*, Nov: 5, 10, 16, 22*, 24 Dec: 1, 6*, 9, 17, 20*, 22

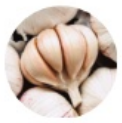
AYODHYA CHITRAKOOT NAIMISHARANYA 15 DAYS
Oct: 30 Nov: 13, 27 Dec: 11, 25

UJJAIN OMKARESHWAR MAHAKALESHWAR 15/8* DAYS
Oct: 4, 18, Nov: 5*, 7, 19*, 22, 29 Dec: 3*, 6, 13, 17*, 20

GUJARATH RAJASTHAN* 12/16*/25 DAYS
Nov: 6, 11, 15*, 20, 25, 29* Dec: 4, 9, 13*, 18, 23, 27*

PURI BHUBANESWAR/GANGTOK DARJEELING* 8/15* DAYS
Nov: 19, 26* Dec: 3, 10, 17, 24

HEALTH TIP: An intake of half to one clove of garlic per day lowers cholesterol levels by approximately 10%



Studies have shown that garlic if eaten on an empty stomach acts as a powerful antibiotic

BangaloreMirror | 9
Monday, September 30, 2024
mybangaloremirror@timesofindia.com
facebook.com/thebangaloremirror
@BangaloreMirror

Stop eating your heart out

How to not use food to cope with negative emotions

Have you ever noticed changes in your eating habits when you are sad, bored or anxious? Many people report eating either more, or less, as a way of helping them to cope when they experience difficult emotions.

Although this is a very normal response, it can take the pleasure out of eating, and can become distressing and bring about other feelings of shame and self-criticism. Adding to the complexity of it all, we live in a world where diet culture is unavoidable, and our relationship to eating, food and body image can become complicated and confusing.

Emotional eating

"Emotional eating" refers to the eating behaviours (typically eating more) that occur in response to difficult emotions. Research shows around 20 per cent of people regularly engage in emotional eating, with a higher prevalence among adolescents and women. In a study of more than 1,500 adolescents, 34 per cent engaged in emotional eating while sad and 40 per cent did so while anxious.

Foods consumed are often fast-foods and other energy-dense, nutrient-poor convenience foods.

Stress and depression

For some people, emotional eating was simply a habit formed earlier in life that has persisted over time. But other factors might also contribute to the likelihood of emotional eating. The physiological effects of stress and strong emotions, for example, can influence hormones such as cortisol, insulin and glucose, which can also increase appetite. Increased impulsivity (behaving before thinking things through), vulnerability to depression, a tendency to ruminate and difficulties regulating emotions also increase the likelihood of emotional eating.

So what do you do? First, know that fluctuations in eating are normal. However, if you find that the way you eat in response to difficult emotions is not working for you, there are a few things you can do. Starting with small things that are achievable but can have a huge impact, such as prioritising getting enough sleep and eating regularly. Then, you can start to think about how you handle your emotions and hunger cues.

> "Often we label emotions as good or bad, and this can result in fear, avoidance, and unhelpful coping strategies such as emotional eating

Be aware

Often we label emotions as good or bad, and this can result in fear, avoidance, and unhelpful coping strategies such as emotional eating. But it's also important to differentiate the exact emotion. This might be feeling isolated, powerless or victimised, rather than something as broad as sad.

By noticing what the emotion is, we can bring curiosity to what it means, how we feel in our minds and bodies, and how we think and behave in response.

Tap into your feelings

Developing an intuitive way of eating is another helpful strategy to promote healthy eating behaviours. Intuitive eating means recognising, understanding and responding to internal signals of hunger and fullness. This might mean tuning in to and acknowledging physical hunger cues, responding by eating food that is nourishing and enjoyable, and identifying sensations of fullness.

Intuitive eating encourages flexibility and thinking about the pleasure we get from food and eating. This style of eating also allows us to enjoy eating out with friends, and sample local delicacies when travelling. It can also reduce the psychological distress from feeling out of control with your eating habits and the associated negative body image.

Seek help?

For some people, the thoughts and behaviours relating to food, eating and body image can negatively impact their life.

Having the support of friends and family, accessing online resources and, in some instances, seeing a trained professional, can be very helpful. There are many therapeutic interventions that work to improve aspects associated with emotional eating. These will depend on your situation.

The best approach is to engage with someone who can bring compassion and understanding to your personal situation, and work with you collaboratively. This work might include: unpacking some of the patterns that could be underlying these emotions, thoughts and behaviours, helping you to discover your emotions, supporting you to process other experiences, such as trauma exposure, developing a more flexible and intuitive way of eating.

One of the dangers that can occur in response to emotional eating is the temptation to diet, which can lead to disordered eating, and eating disorder behaviours. Indicators of a eating disorder can include: recent rapid weight loss, preoccupation with weight and shape (usually in contrast to other people's perceptions), eating large amounts of food in a short space of time (2 hours or less), and feeling a sense of loss of control eating in secret, compensating for food eaten (with vomiting, exercise or laxatives).

— Inge Gnatt, Swinburne University, The Conversation

MIRRORLIGHTS

The secret to defeating procrastination, from an expert

Whether it's the ominous deadline looming at work or the neglected book gathering dust for weeks, we've all faced procrastination at some point or the other in our lives.

Sohini Rohra, Counselling Psychologist & Mental Health Advocate underscores the importance of acknowledging and accepting procrastination tendencies. "The acknowledgment and understanding of the 'why' behind our procrastination is pivotal," she emphasises. "It helps us strategize better on how to stop this self-defeating habit," she says.

To streamline the process, she outlines six strategies:

Accountability Partner

Being accountable to a trusted friend or colleague serves as a powerful catalyst for personal and professional growth. It enhances responsibility, provides support, and fosters motivation, ultimately propelling one toward success and fulfilment.

Stay Committed To To-Do Lists

Introducing structure and timelines into daily routines can alleviate feelings of overwhelm and

enhance productivity.

Take One Step At A Time

Embracing the principle of taking one step at a time and immersing oneself in the present facilitates effective momentum, akin to the cascading effect of dominos.

Reframe The Narrative

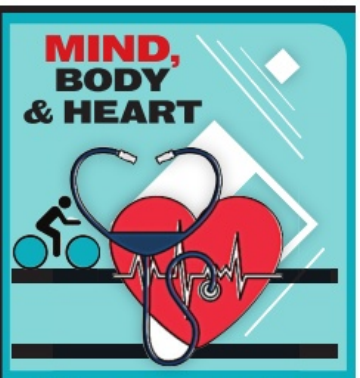
Shifting from 'I have to' to 'I choose to' instils a sense of agency and control, empowering individuals to take ownership of their actions and decisions.

Cultivate Forgiveness

Extending forgiveness to oneself for past missteps and celebrating progress serves as a powerful motivator, propelling you forward on your journey of growth and improvement.

Prioritise Mental Health

Incorporating practices such as breathwork, meditation, balanced nutrition, and regular exercise into daily routines fosters holistic well-being. **–Femina**



All you need to know about...

Premenopausal heart health

Disease burden

Heart issues are now becoming increasingly common among young and premenopausal women in the country, health experts said on Sunday. According to the 'Global Burden of Disease Study', heart disease is a leading cause of fatality among Indian women, accounting for over 17% of deaths.

Risk factors

"Women are generally protected till menopause. However, we are oftentimes nowadays, finding a lot of young women who are premenopausal, having heart attack, heart disease and various other heart problems," Dr S Ramakrishnan, professor in the cardiology department at AIIMS-New Delhi, told IANS. The increased risk is driven by high prevalence of risk factors such as hypertension, diabetes and dyslipidemia. Polycystic ovary syndrome (PCOS) is also a significant concern among women, increasing the risk of heart disease.

PCOS

PCOS is a highly prevalent health condition seen in women nowadays. It is characterised by weight gain, insulin resistance, pre-diabetes to diabetic conditions, excess of androgens.

According to Dr Arati Adhe Rojekar, Consultant Gynaecology at P.D. Hinduja Hospital and Medical Research Centre, Mahim, said that PCOS has a major impact on blood vessels and also on the heart.

"Obesity itself contributes to cardiac conditions by elevating bad cholesterol and triglycerides levels in the body. Insulin resistance and excess androgens too elevate the cardiac risks," she added.

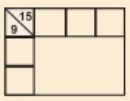
Women with PCOS should ensure they remain physically active and maintain a healthy diet so that they do not develop other lifestyle diseases, the experts said.

– IANS

mybangaloremirror@timesofindia.com
facebook.com/theBangaloremirror
@BangaloreMirror

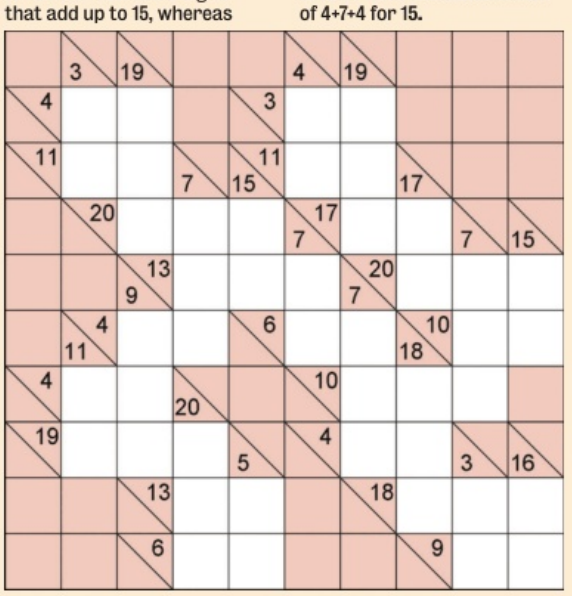
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

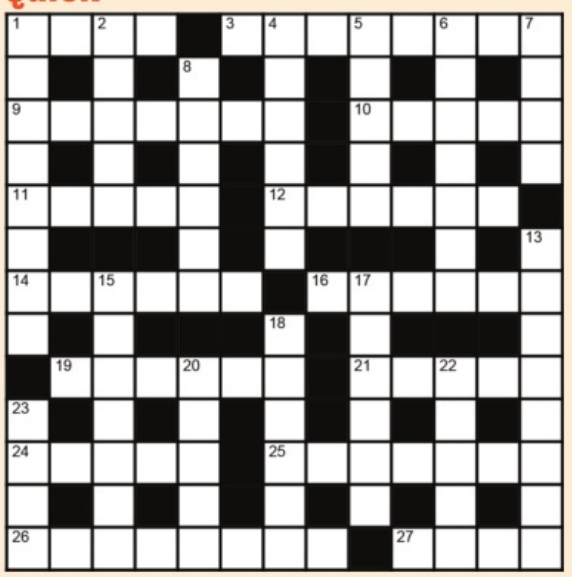


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Wings or winglike parts (4)
3 Defame or slander (8)
9 Anarchic (7)
10 It is used to wipe ourself dry after a bath (5)
11 Swedish actress (1905–90) (5)
12 Stank (6)
14 Overcharge (3,3)
16 Asterix's best friend (6)
19 Title of ancient Roman emperors (6)
21 Radiohead's Thom ___ (5)
24 R in RCB (5)
25 Female goats (7)
26 __ __ neighbour : your nearest neighbour? (4,4)
27 Importunes (4)

DOWN

1 Symbolic tale (8)
2 City in Rajasthan (5)
4 Make certain (6)
5 Priest's headdress (5)
6 Unfair treatment (3,4)
7 Dagger handle (4)
8 Disembark (3,3)
13 Disbursements (8)
15 Throat (7)
17 Farther or yonder (6)
18 Right now! (6)
20 Cold dish of vegetables (5)
22 Horse controls (5)
23 Algerian port (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: C EQUALS H

SI SR ARBQBRR IZ YIIBHXI IZ WBYRZG Y HYG ZAI ZL Y ICSGO CB VYR GBMBW WBYRZGBE SGIZ.

Linemaro

Let's play a game. Winner dates loser

Mindchow

Be a good person, but don't waste time to prove it

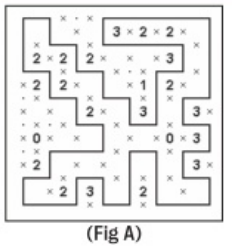
Joke of the day

The word 'aerobics' came about when the gym instructors got together and said: If we're going to charge $10 an hour, we can't call it jumping up and down.

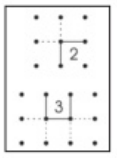
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

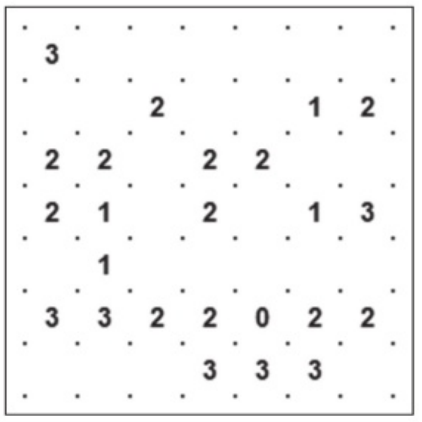


(Fig B) Not Allowed

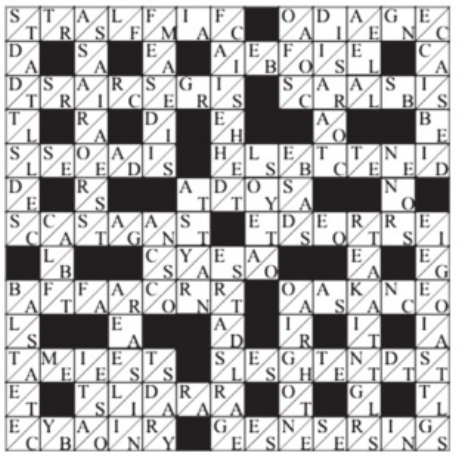
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



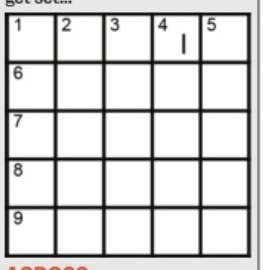
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

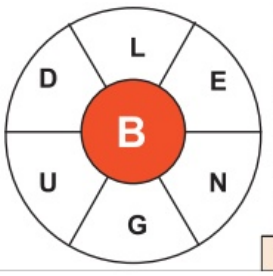
1 Up lip; 6 Least;
7 Sheer; 8 A sari;
9 Cowl I

DOWN

1 Whaps; 2 True I;
3 Plier; 4 Alice;
5 A loss

Mensapuzzle

Solve this rebus:



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; **12** Good; **14** Outstanding

SudokuChallenge

	7			5			4	
			9		2			
	4	5				9	3	
1	6		8		3		7	5
			4		5			
5	8		6		7		2	1
	1	3				8	5	
			1		6			
	9			3			6	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

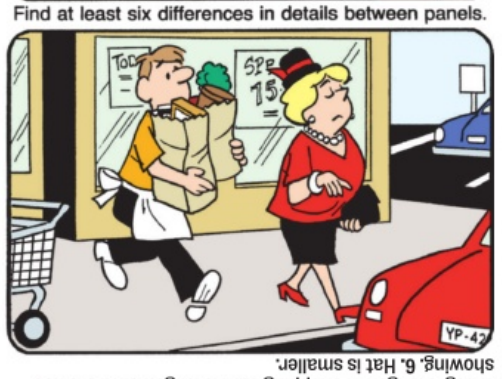
Easy = 9
3 6 8 8

Medium = 4
2 4 4 6

Hard = 51
1 7 8 4

Hocusfocus

Find at least six differences in details between panels.



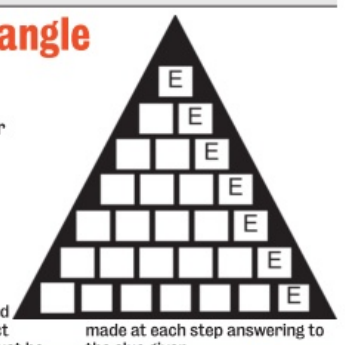
Differences: 1. Bag is smaller. 2. Foot is different. 3. Leg is longer. 4. Shopping cart is larger. 5. Tire is not showing. 6. Hat is smaller.

Riddler

The difference between the cubes of two positive, consecutive odd numbers is 218. What are the numbers?

Alpha triangle

1 Second vowel
2 In reference to
3 Fish eggs
4 Mythical monster
5 To counterfeit
6 Scrounge
7 Pardoned

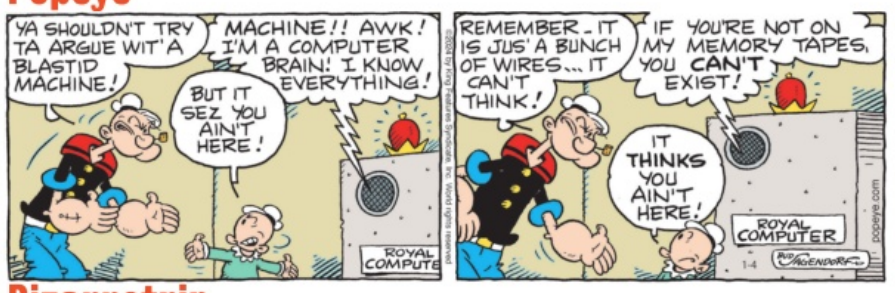


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


YA SHOULDN'T TRY TA ARGUE WIT' A BLASTID MACHINE!
MACHINE!! AWK! I'M A COMPUTER BRAIN! I KNOW EVERYTHING!
BUT IT SEZ YOU AIN'T HERE!
ROYAL COMPUTE
REMEMBER - IT IS JUS' A BUNCH OF WIRES... IT CAN'T THINK!
IF YOU'RE NOT ON MY MEMORY TAPES, YOU CAN'T EXIST!
IT THINKS YOU AIN'T HERE!
ROYAL COMPUTER
popeye.com

Bizarrotrip

©2024 BIZARRO STUDIOS
BIZARRO.COM
Wayno & PIRATE 6-26-24
Until you are ready for pins, you will use cotton swabs.
ENTRY-LEVEL VOODOO
Dist. by King Features

Diamond Lil

Hart of the city

I HOPE WHEN YOU GET TO DATING AGE (HIGH SCHOOL), THAT YOU FEEL COMFORTABLE TALKING TO ME ABOUT ANYTHING.
OF COURSE I WILL. I ALREADY DO. AND YOU CAN TALK TO ME ABOUT YOUR BOYFRIEND, IAN.
B-BOYFRIEND?? WE'RE JUST GETTING TO KNOW EACH OTHER! NO BIG DEAL!
OKAY, OKAY. I'M PUMPING THE BRAKES.
HEART OF THE CITY © 2024 ANDREWS MCMEEL
©COMICS.COM/HEARTOFTHECITY

Crankshaft

I DON'T HAVE MUCH FURNITURE BECAUSE I WAS SAVING FOR YOUR ENGAGEMENT RING!
OHHHH... THAT'S SO SWEET!
AND OUR HONEYMOON... AND A HOUSE...
JUST TAKE THE WIN!
© 2024 Mediagraphics, Inc. Dist. by Andrews McMeel Syndication
BATLIK & DAVIS tombatiuk.com/books

Mutts

MY WHOLE WORLD USED TO BE ONE BACKYARD.
YOU'LL SEE, SPARKY, THAT IT'S A BIG, BIG WORLD OUT THERE.
LIKE SIX BACK-YARDS!?!
mutts.com
www.kingfeatures.com

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, there may be peace of mind. You may invest capital in the business, increasing liquidity in your business. Your earnings may boost your bank balance. You may enjoy romantic moments with your spouse, which may enhance harmony in the family life. Singles may find a good match. Love birds may decide to get married.

Taurus Apr 21 – May 20
Today you are blessed by the moon. Things may be under control, you will enjoy work, and your focus may be good. Which will reflect in your way of working. Your wisdom will help you to go ahead in making difficult decisions in terms of profession. Your past investments may likely give profits.

Gemini May 21 – Jun 21
Today the moon is positive, so your health may be good today. You may likely visit some religious place with your family or friends. You may plan to donate some amount to any religious place or some charity. Property-related deals may likely be done. You may plan for overseas travel related to work. You may also plan for higher education.

Cancer Jun 22 – July 23
Today, the moon is negative. You may be a victim of conspiracies. You are advised to avoid being involved in controversies, your strong willpower and blessings from elders may protect you from this messy situation. You are advised to avoid making arguments in domestic life. You should also avoid rush driving or any adventure tour.

Leo Jul 24 – Aug 23
Today you may be very happy, your losses may convert into profits. Your boss may be happy and appreciate your work. You may likely have some changes in your place, and position at work, in terms of promotions. You are likely to control opponents and hidden enemies. Love birds may make important decisions in terms of marriage with the help of relatives or friends.

Virgo Aug 24 – Sep 23
Today you may be busy at work. You may be enthusiastic, which may speed up your project. You may be able to make quick decisions which will increase your business. You may likely start an innovation in partnership. Investments in the fixed assets in the partnership are not advised.

Libra Sep 24 – Oct 22
Today you are blessed by the moon, you may perform well at work, and you may expect some promotions or transfers in terms of gains. You may also plan to change your current job. Your relations with the seniors will be strong. Old health issues will be cured now.

Scorpio Oct 23 – Nov 22
Today you may have a dull feeling. You may be dissatisfied. You may not enjoy your day. You may be a victim of arrogance. It may affect both your professional and domestic life. You may internally feel a lack of confidence, which may stop you from doing something creative at work.

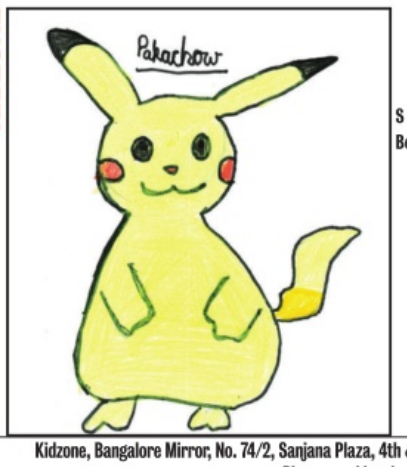
Sagittarius Nov 23 – Dec 22
Today, you may feel energetic. You may perform efficiently at work, but your hard work may pay you now. It may boost your confidence. Property-related disputes with the siblings are likely to be resolved now. Your meeting with some influential person may boost your network. Disputes with the partner may also be resolved.

Capricorn Dec 23 – Jan 20
Today, you are blessed by the moon, which makes you happy. You are polite with the people around you, You may make some difficult decisions in the business, with the help of your family members. You are likely to get a big order with the help of your communication skills, which may increase the business.

Aquarius Jan 21 – Feb 19
Today you are blessed by the moon. You may have good internal strength, you may enjoy at work, may enjoy romantic moments with your spouse, which may improve domestic harmony. You are likely to make new plans to start some new project, your perfection may help you to implement the plans successfully. Job seekers may find good jobs. Love birds are advised to avoid discussions on worthless topics.

Pisces Feb 20 – Mar 20
Today you may be disappointed. You are advised to control your arrogance, otherwise, you may face some losses due to your harsh speaking. Love birds should be careful in making discussions on worthless topics, otherwise, relations may be affected.

KIDZONE



S Tanmayi, Bengaluru

Neha P Anish, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
81^(75/100) = 81^ 3/4 =
3^3 =
27

RIDDLER
5 and 7

STRIKE OUT

A	S	E	A	B	O	I	L	A	D	A	G	E		
T	R	A	C	E	R	S		C	R	A	B	S		
T	R	A	C	E	R	S		C	R	A	B	S		
L	E	E	D	S		E	L	E	C	T	E	D		
E	S		A	D	O	S			O					
S	A	T	A	N	S		T	S	E	T	S	E		
L		C	A	S	A		A		G					
A	F	F	R	O	N	T		A	S	K	N	O		
C	A	E	S	A	R		Y	O	R	K	E			
Y	H		P			P								
O		F		E			A		E					
G	A	R	B	O		R	E	E	K	E	D			
E		A	T		U		R		D		T			
L		L	G		N		I		A		I			
L	A	W	L	E	S	S		T	O	W	E	L		
A	N		A	T		D		N		G		T		
R	O	Y	A	L		N	A	N	N	I		E	S	
O		R	A		O		O		E			N		
C	A	E	S	A	R		Y	O	R	K	E			
Y	H		P			P								
R	I	P	O	F	F		O	B	E	L	I	X		
S	A	T	A	N	S		T	S	E	T	S	E		
E	S		A	D	O	S			O					
L	E	E	D	S		E	L	E	C	T	E	D		
T	R	A	C	E	R	S		C	R	A	B	S		
A	S	E	A	B	O	I	L	A	D	A	G	E		
E	B	O	N	Y		G	E	N	E	S	I	S		

FAST FIVE

P	U	P	I	L
S	T	E	L	A
H	E	R	E	S
A	R	I	A	S
W	I	L	C	O

QUOTE UNCODE
It is useless to attempt to reason a man out of a thing he was never reasoned into.

QUICK

N	E	X	T	D	O	O	R		A	S	K	S		
A	L	A	E		B	E	S	M	I	R	C	H		
L		L	G		N		I		A		I			
A		N		T		D		N		G		T		
R	O	Y	A	L		N	A	N	N	I		E	S	
O		R	A		O		O		E			N		
C	A	E	S	A	R		Y	O	R	K	E			
Y	H		P			P								
R	I	P	O	F	F		O	B	E	L	I	X		
G	A	R	B	O		R	E	E	K	E	D			
E		A	T		U		R		D		T			
L	A	W	L	E	S	S		T	O	W	E	L		
A	N		A	T		D		N		G		T		
T	R	A	C	E	R	S		C	R	A	B	S		
A	S	E	A	B	O	I	L	A	D	A	G	E		

MENSA PUZZLE
A snail's pace

BULL'S EYE
begun, bend, bled, blend, blue, budge, bulge, bulged, bundle, bung, bungle, BUNGLED, debug

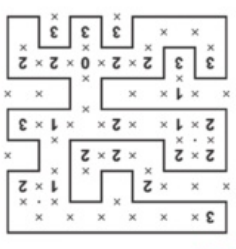
SUDOKU

7	9	8	5	3	4	1	6	2
4	5	2	1	8	6	7	9	3
6	1	3	2	7	9	8	5	4
5	8	4	6	9	7	3	2	1
3	2	7	4	1	5	6	8	9
1	6	9	8	2	3	4	7	5
2	4	5	7	6	1	9	3	8
8	3	6	9	4	2	5	1	7
9	7	1	3	5	8	2	4	6

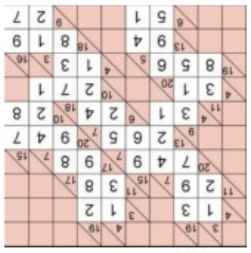
ALPHA TRIANGLE
E, Ra, Roe, Ogre, Forge, Forage, Forgave.

GO FIGURE
Easy
6 + 3 - 8 + 8 = 9
Medium
6 + 4 - 2 - 4 = 4
Hard
7 x 8 - 1 - 4 = 51

LOOP



KAKURO



Volume No 17, Issue No 195 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru - 560 011, Email : mybangaloremirror@timesofindia.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

She'll pass this question

Rakul Preet Singh who is often seen having the sweetest interaction with the paps, recently did something that looked out of her character. At an event, when a journalist tried to question her regarding the alleged financial troubles of her father-in-law Vashu Bhagnani, the actress seemed quite upset and chose to literally walk away from the question.

The video of the same is doing rounds on social media, which shows that the actress first very calmly approaches for interaction with media. However, when a journalist starts to frame a question around the reported financial crises, she doesn't even let him finish. She apologises and walks away. Rakul Preet Singh will next be seen in the romantic comedy 'De De Pyaar De'.

Vashu Bhagnani has been accused of nonpayment for 'Bade Miyan Chote Miyan'. According to Danik Bhaskar, director Ali Abbas Zafar has filed a complaint against the producer with the Director' Association, asking them to intervene. Zafar claims that Vashu Bhagnani owes him Rs7.30 crore. Following the complaint, a letter was sent to Vashu by the Federation of Western Indian Cine Employees (FWICE), asking for his side of the story.

Vashu Bhagnani and Jackky Bhagnani have filed a complaint against filmmaker Ali Abbas Zafar. They have accused him of siphoning the subsidy he took from Abu Dhabi during the shoot of 'Bade Miyan Chote Miyan.'

–ETimes

No sneaky business

On viral video, Ananya has this to say: There is no point in trying to hide

A couple of days back the internet broke when Ananya Panday's clip of ignoring a call from her rumoured boyfriend Walker Blanco went viral. Different people had different takes on the same; a few said the actress was trying to hide something, but according to Ananya, she sees no point in being sneaky.

The 'Call Me Bae' star reflecting on the viral video said she feels the more she tries to hide something, the more people will be interested. At the same time, there will be more chances of getting caught. Thus, she has simply given up on the idea of being sneaky. Talking to News18, the actress quoted, "I've given up at this point. I've realized that the more I try to hide something or be sneaky, the more I get caught doing it. So. I've just let go now. Whatever! I don't care now. I'm not trying to hide anything."

The actress further emphasized that there is no point in giving too much thought to social media posts as well. She said things will be blown out of proportion no matter how calculative one is. Therefore, now she believes it is better not to try to control too much Ananya Panday who recently has been in the headlines owing to her professional commitments, is also known to garner attention for her personal life. Earlier, there were reports of her and Aditya Roy Kapur dating, and both stars were often spotted together. However, the rumored romance didn't last long, and months after their breakup, reports of Ananya seeing former model Walker Blanco started doing the rounds. It is said that Ananya and Walker met during Anant Ambani and Radhika Merchant's pre-wedding festivities.

–ETimes

Dull sketch that fails to impress

KEDARNATH KURI FARM (KANNADA)
2.5 RATING ★★½☆☆
- **DIRECTOR** Seenu Sagar
- **ACTORS** Madenuru Manju, Shivani Amar, Tennis Krishna, Kari Subbu, Siddu Mandya, and Sunanda Hospet.
- **Duration** 118 minutes
- **Certification** UA

The movie had created a buzz because of its title, which even led many to believe that the film is about a goat farm at the famous pilgrim site Kedarnath. However, there is no connection between the pilgrim centre and the goat farm.

The movie is about a goat farm owned by a lewd person named Kedarnath.

Director Seenu Sagar has tried his best to entertain the audiences but fails, as even the comedy scenes fall flat.

The movie begins with Manja (Madenuru Manju), a worker at Kedarnath Kuri Farm, engaging a sex worker for the night. However, after he hears her sad tale, he gives her money and lets her go. This scene was there to convey that no woman wants to become a sex worker out of love or choice. The director also sets up Manja as a kind-hearted person but in the very next scene he is shown as a lazy drunkard, who along with four parasites, roams about on agricultural fields rather than working to lead a life of dignity.

Kedarnath (Kari Subbu) brings Sanappa (Tennis Krishna) and his wife Kempi and daughter Vasanthi (Shivani Amar) to the goat farm. Manja falls in love with Vasanthi. Sanappa comes to know about the relationship between his wife and Kedarnath. What happens to Manja and Vasanthi is what the movie is all about.

Madenuru Manju is good with dialogue delivery but has to improve his acting skills. Shivani Amar fails to impress as a heroine. Tennis Krishna has nothing to do except yell at others. As a goat farmer, Kari Subbu has provided good support.

You can give this film a pass.

–Y Maheswara Reddy

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Grandson's debut

Prithviraj, the grandson of SP Varadaraj, debuts as a hero in Sandalwood with Minchu Hulu. Varadaraj is the younger brother of Dr Rajkumar. The movie was screened at Kalavidara Sangha for select personalities of Sandalwood a few days ago.

Mahesh Kumar has helmed the movie apart from bankrolling it in association with Vijay Kumar and Abdul Rafeeq Ullah. According to Mahesh Kumar, the movie is set against the backdrop of a city and explores the relationship between an irresponsible father and his son. "It becomes tough for them to pay the rent and they relocate themselves to an abandoned structure that has no electricity. They approach a person to get electricity to the old house. They could not pay money to the electrician as a mouse damaged currency notes kept in the house," said the director.

Director P Seshadri said the state government has to lift the ban on screening movies at government schools. "If the movie is screened for 100 students and if 10 of them realise the importance of education, it will be a great help," Seshadri said. The movie is scheduled for release on October 4.

Shooting wrapped up

The shooting of the anticipated movie 45 has been wrapped up. 45, helmed by music director Arjun Janya, has created a lot of buzz since it went on floors. Producer Ramesh Reddy was felicitated by Dr Shivarajkumar, Upendra, and Raj B Shetty at the function.

Shivarajkumar said he was happy to be shooting with Upendra and Raj B Shetty. "All of us have equal importance. Though it is his maiden movie as a director, Arjun Janya has handled the megaphone with aplomb. Ramesh Reddy has bankrolled the movie on a grand-scale," said Shivarajkumar. Upendra said the producer did not ompromise with the quality. "I am waiting to watch the movie at the theater along with the audiences," said Upendra. Raj Shetty said he was a fan of Dr Shivarajkumar and Upendra.

Ramesh Reddy said Arjun Janya narrated the script to him as an animation. "I felt very happy after watching the raw footage of the movie," he said.